Facts:

Secondhand Smoke Exposure and Beliefs Among Missouri Adults

Secondhand smoke – what it is, and what it causes…

- Secondhand smoke (environmental tobacco smoke, ETS), is a mixture of smoke produced from burning tobacco products (sidestream smoke) and the smoke exhaled by smokers (mainstream smoke).[1]
- Secondhand smoke contains more than 4,000 chemicals, of which more than 50 cause cancer (carcinogens).[2]
- Secondhand smoke is associated with increased risks for lung cancer and heart disease in nonsmoking adults and sudden infant syndrome (SIDS), asthma, bronchitis and pneumonia in young children.[3]
- Annually in the United States, approximately 35,000 adult nonsmokers die from heart disease due to exposure to secondhand smoke, and another 3,000 die from lung cancer.[4]
- In Missouri, approximately 1,200 die annually from illnesses caused by secondhand smoke.[5]

Beliefs about secondhand smoke:*

Among Missouri adults…
- 92.6% think that secondhand smoke is very or somewhat harmful.
- 69.2% think secondhand smoke causes heart disease.
- 34.5% think it causes colon cancer.
- 94.5% believe it causes respiratory problems in children.
- 52.3% think it can cause sudden infant death syndrome (SIDS).
- 16.2% had asked a stranger not to smoke around them during past 12 months.

Secondhand smoke exposure at home and in vehicles:*

Among Missouri adults…
- 38.7% live with someone who smokes cigarettes.
- 23.6% were exposed to secondhand smoke in their homes on more than one of the seven days prior to the survey.
- 58.8% do not allow smoking inside their home; 13.0% allow it in some areas or some times.
- 32.5% had been in a car with someone who smoked during the past seven days.
- 53.9% do not allow smoking in their cars at all; 14.1% allow it some times.

Secondhand smoke exposure in the workplace:*

Among Missouri adults…
- 78.7% work indoors most of the time.
- 17.7% had someone smoke in their work area during past seven days.
- 74.4% of those who work indoors do so where smoking is not allowed in work areas; 17.0% work where smoking is allowed in some work areas.
- 11.4% would prefer stronger workplace smoking policies; 2.8% prefer weaker policies; and 85.8% prefer no change.

Support for smoke free policies in public places*

Percentage of
Missouri adults who think:

Public location	Smoking should not be allowed at all	Smoking should be allowed in some areas	Smoking should be allowed in all areas
Restaurant dining areas	49.7%	48.8%	1.5%
Indoor shopping malls	60.2%	38.4%	1.5%
Public buildings	59.7%	39.1%	1.2%
Bars and cocktail lounges	25.0%	48.0%	27.0%
Indoor sporting events and concerts	62.0%	33.6%	4.4%

65.1% of Missouri adults would support a law in their community that would make restaurants smoke free.*

Recommendations for reducing exposure to secondhand smoke among Missourians:

- Enhance community capacity for establishing and enforcing clean indoor air policies and ordinances by providing resources and training for new and existing coalitions.

- Secure funding for a statewide media campaign to educate about the dangers of secondhand smoke and to encourage adoption of policies and ordinances prohibiting smoking in work and public places.

References

[1] National Cancer Institute. Health Effects of Exposure to Environmental Tobacco Smoke. Smoking and Tobacco Control Monograph No. 10. 1999. In: CDC TIPS Secondhand Smoke Fact Sheet. February 2004. Accessed www.cdc.gov/tobacco/factsheets

[2] Ibid.

[3] Ibid.

[4] CDC Annual smoking-attributable mortality, years of potential life lost, and economic costs-United States, 1995-1999. MMWR 2002;51(14):300-303.

[5] Campaign for Tobacco Free Kids. The Toll of Tobacco in Missouri. Accessed www.tobaccofreekids.org

*Data Source:
Missouri County-level study (2003); Missouri Department of Health and Senior Services, Section of Chronic Disease Prevention and Health Promotion; random telephone survey of 15,000 Missouri adults, age 18 years and older.